

What are the participation requirements for TBS?

- The child/youth and parent/caregiver agree to allow the TBS staff into their home, environment or community to provide services.
- The child/youth, parent/caregiver, and therapist agree to attend treatment team meetings and provide feedback and behavioral observations.
- The parent/caregiver agrees to be physically present and attentive when TBS services are being provided to minors.
- The child/youth and parent/caregiver agree to participate in the behavioral interventions and make behavioral changes necessary to maintain the current placement or transition to a lower level of care.

For TBS info and referral forms visit:
www.sdcounty.ca.gov/hhsa/programs/bhs



County of San Diego
Health & Human Services Agency
Mental Health Services

Therapeutic Behavioral Services

For Children
and Youth
with
Full-Scope
Medi-Cal

HHSA- County TBS
(619) 401-4630

Access & Crisis Line
1 (800) 479-3339

What Is Therapeutic Behavioral Services (TBS)?

Therapeutic Behavioral Services (TBS) is designed to assist children, youth, and young adults up to age 21, with moderate to severe behavioral problems that are putting their placement at risk. Placement can be a family or foster home, shelter, group home, residential treatment center, board and care, transitional living program, or other community settings. Services may also be used to assist child/youth in acquiring the behavioral or coping skills needed to transition successfully to a lower level of care. TBS is an in-home, community based, voluntary, short-term intensive service. The length of a TBS case is determined by the child/youth's progress on those behaviors that are putting their placement at risk. A trained TBS coach is assigned to a single child/youth for an agreed upon number of hours per day. TBS is never a primary therapeutic intervention. It is always used in conjunction with a primary mental health service.

Benefits

- *The child/youth stays in the least restrictive level of care.*
- *Active, short-term treatment with long-term gains.*
- *Strength based interventions and education for the child/youth and parent/caregiver to utilize for continued behavioral success.*
- *An increased ability to communicate feelings and needs appropriately.*
- *Empowerment of the child/youth, parent and caregivers.*
- *Reduced family stress*

The Referral Process

In San Diego County, a child/youth can be referred by anyone, including a Specialty Mental Health Professional (SMHP) such as an M.D., psychologist, MFT, LCSW or license eligible clinician, a parent/caregiver, a social worker, or case manager. A completed referral packet and all required documents must be forwarded to County TBS who will process the referral. The reviewed referral is then forwarded to one of our TBS contracted providers. When the contract provider receives the referral, a treatment team will be established. Each team consists of a SMHP, TBS case manager, TBS coach, parent/caregiver and child/youth. The focus of treatment is the TBS Treatment Plan, which is developed by the TBS case manager in conjunction with the SMHP's Client Plan. TBS coaches are trained to implement the Treatment Plan utilizing a wide variety of behavioral interventions.

Eligibility Requirements

Child/youth must meet A and B requirements

- A. Full Scope Medi-Cal beneficiary up to age 21.
- B. Meets medical necessity and is receiving mental health services.

Child/youth must meet A and/or B requirements

- A. Is at risk for emergency psychiatric hospitalization as one possible treatment option, though not necessarily the only treatment option, or has had at least one emergency psychiatric hospitalization within the past 24 months.
- B. Is being considered for placement in a level 12 or above group home as one possible treatment option, though not necessarily the only treatment option, or is currently placed in a level 12 or above group home for mental health needs.

